

Jennifer Abadi's Mufleta / Terit
(Rolled Moroccan Flatbreads with Honey and Butter)

Yield: Serves 10 / Makes Ten 8-inch Crepes

Ingredients:

For Dough:

506 grams / 18 ounces / about 3 level cups all-purpose flour à

(plus some extra for kneading dough)

1 teaspoon kosher salt

2 teaspoons sugar

2 teaspoons active dry yeast

1 tablespoon safflower or vegetable oil

1½ cups warm water

For Rolling Balls of Dough:

1/3 cup safflower or vegetable oil

For Serving:

6 tablespoons sweet, unsalted butter

5 tablespoons honey

1/8 teaspoon salt

Equipment:

Measuring cups and spoons

Kitchen scale

Large mixing bowl and wooden spoon

Plastic wrap

Large, sharp knife

10-inch non-stick skillet or frying pan

Thin spatula

Large baking pan or tray, for balls of dough to rest in oil

Large serving plate, for stack of Mufleta

Small saucepan, for melting butter and honey

Pastry brush, for brushing on melted butter mixture

Recipe Procedure:

Prepare the Dough:

1. In a large mixing bowl combine the flour with the salt, sugar, and dry yeast.
2. Combine the 1 tablespoon of oil with the 1½ cups of warm water in a small glass measuring cup or small bowl.
3. Create a well in the center of the flour mixture and pour in the water-oil mixture. Mix with a spoon until it becomes a sticky dough.
4. Rinse your hands in cold water and thoroughly dry them with a towel (this will help to prevent sticking). Gather the dough into a sticky ball and dip the top and bottom lightly in flour. Place the ball onto the table or countertop in front of you and start to fold and knead a full 5 minutes until the dough becomes very elastic and smooth, but still remains very soft.

(Note: To achieve a successful dough, only dust your hands with enough flour to be able to knead it without completely sticking to your hands and the counter. If you add too much flour, the dough will become too tough, and it's important that the dough stay very soft and pliable. With some patience and constant kneading, the dough will turn from being sticky to becoming elastic and tacky, so make sure to set your timer and really knead for the full 5 minutes.)

5. Roll the ball of dough out into an even log about 1 foot in length. Cut or pull off pieces of dough into 10 even balls about 2 inches in diameter.
6. Pour the 1/3 cup of oil onto a large tray or baking pan. Place all of the balls of dough on the tray and roll each one in the oil to fully coat all sides, spacing them out so that they won't stick together. Cover with plastic wrap and let the dough rest for 45 minutes to absorb some of the oil.

Form and Cook the *Mufleta* / *Terit*:

7. Heat a large 10-inch non-stick skillet over medium-high heat for 2 minutes (leave dry—do not add any oil to it!). Using your palms and fingers, flatten and stretch one of the balls on the countertop until it becomes a very thin, round flatbread 10 inches in diameter (it's okay if the edges are uneven or if you get some small tears, just focus on getting the dough so thin that it is almost translucent). Place the flattened dough quickly in the hot pan and cook until it bubbles and has golden brown spots on the bottom (it will resemble a thick *crêpe*), about 2 minutes. (*Note: While bread cooks, flatten another ball of dough so that it is ready for frying.*)
8. Quickly flip the *Mufleta* over to cook the other side, and immediately place the second flattened piece of dough on top of this first *Mufleta* in the skillet. When this second side (of the first *Mufleta*) has turned golden brown, then carefully flip the two *Mufleta* stacked on top of each other so that the topside of the second *Mufleta* now has a chance to turn golden brown, about 1 to 1½ minutes (as skillet becomes hotter, they will cook faster). Once again, flatten a third ball of dough, and when this second *Mufleta* has turned golden on the bottom of the stack, place the next piece of flattened dough on top and flip the whole stack over. Continue in this manner until all the balls of dough have been flattened, stacked, and fried and you are left with one large stack of *Mufleta* in the skillet. (*Note: Only the first Mufleta will be fried on both sides.*)
9. Lift the stack of *Mufleta* from the skillet with a spatula, place onto a plate, and cover with a clean dish towel or aluminum foil to keep warm and prevent them from drying out.

Serve *Mufleta* / *Terit*:

10. Combine the butter, honey, and salt in a small saucepan and melt together over medium heat. (You can also do it in a small glass bowl in the microwave oven.)
11. Uncover the stack of *Mufleta* and place one on a clean plate. Spread the top generously with the honey-butter mixture using a pastry brush. Roll the *Mufleta* up tightly into a shape of a cigar or fold into a quick triangle and place on a serving platter. Cover again with aluminum foil or a clean towel and spread and roll up the remaining *Mufleta*. Serve immediately while still warm with extra honey and/or melted butter on the side.